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The *Taoist Tai Chi Society*® internal arts and methods incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension, improve circulation and balance, and increase strength and flexibility.

## Open House

**Monday Nov. 2, 2015      TIME: 7:15 - 8:45 p.m.**

Miami Springs Recreation Department in the Multi-purpose room.  
1401 Westward Drive, Miami Springs, Florida 33166

The public is invited to attend Open Houses to learn about the Taoist Tai Chi Society, watch demonstrations and learn the first few moves. Refreshments served.

### NEW BEGINNER CLASSES START :

**Monday Nov. 9, 2015      TIME: 7:15 pm 8:45 p.m.**

More information on line at: [taoist.org/usa](http://taoist.org/usa)      or      **305-598-3959**

